BLUEPRINT SKALA *SELF-CONTROL*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variabel | Aspek | Aitem | | ∑ |
| Favorable | Unfavorable |
| Kontrol diri | Self-Dicipline | 1, 7, 36 | 3, 17 | 5 |
| Deliberate/Nonimpulsive | 5, 25 | 2, 6, 11, 12, 14, 28, 32, 33, 34 | 11 |
| Healty Habits | 13, 27 | 8, 35 | 4 |
| Work Ethic | 30 | 29, 31 | 3 |
| Reliability | - | 10, 21 | 2 |
| Total | | 8 | 17 | 25 |

BLUEPRINT SKALA INTENSITAS BERMAIN *GAME ONLINE*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Variabel | Aspek | Indikator | Aitem | | ∑ |
| Fafourable | Un-fafourable |
| Intensitas bermain game onlie | Lama mengakses | Besarnya waktu yang digunakan untuk bermain | 1, 2, 3, 7, 18, 19, 20, 24, 25, 30 | 8, 16, 26, 29 | 14 |
| Frekuensi | Kegiatan yang mengarah pada seringnya seseorang individu bermain game | 6, 9, 10, 11, 12, 13, 14, 15, 17 | 21, 22, 27 | 12 |
| Jumlah | | | 19 | 7 | 26 |